

Fastkins 531RPTTTlol Exercise Plan

This is what we prefer. I'm sure there are better plans out there. We like to lift heavy stuff, run hill sprints, and do Tabata sprints. So that's what we did. You can do yoga, piilates, Zumba, run distance, split wood, walk on your hands, whatever. Or don't work out at all. I don't care. Your life.

Plan Overview

Four Day Per Week: Lift Weights (Back/Chest | Legs/Shoulders | Chest/Back | Shoulders/Legs)

Two – Three Days Per Week: be active (I prefer HIIT if I'm not kayaking, hiking, playing basketball, etc.).

Daily: Try to get a little walk (in the Sun if you can)... this probably doesn't matter, but I do it. About 1.5 miles every day, 3.0 MPH average pace. I don't think the other guys do this. I get this impression because they like to tell people I frolic through fields of flowers.

Lifting Days

Main Lifts: Deadlift, Squat, Bench Press, Overhead Press

1. Use 5-3-1 for main lift of the day (but in RPT fashion, again, out of preference). So I follow Wendler's formula and protocol, but I warm up, do my heavy lift, then do two RPT sets at lower weight. The main lift is done by itself with a 2-minute rest between sets. **I recommend his book.**
2. Use TT-style workouts for lifting after the main lift. Basically, supersetting with the 4-0-1 tempo that *I think* Poliquin recommends for fat burning. Ballantyne designs specific workouts, so his tempo varies. He makes great plans; if you just want workouts made for you, a community to support you and ask questions of, and your focus is more on fat burning, I recommend googling Turbulence Training. I just wouldn't buy into any of the other stuff.
3. Follow-up lifts (for me) are 3 supersets with an 8 rep goal per set, 3 sets per superset, 1 minute rest between sets, e.g. Inclined Bench Press → Bentover Barbell Row → 1 minute rest → Repeat x 2

Non-lifting Days

1. I do sprint intervals on a track for 30 minutes followed by one or two Tabata sprints one day (usually Mondays).
2. I do hill sprints for 30 minutes followed by one or two Tabata sprints one day (usually Wednesdays).
3. Saturdays are usually active days anyway (kayaking, hiking, splitting wood, etc.) but I will do a HIIT session unless I feel like I need a rest day.

Some numbers (estimated 1 RM):

Deadlift: 290 | Squat: 195 | Bench Press: 250 | Overhead Press: 145

This is generally the point at which people suddenly know me better than I know myself. I'm really sorry my deadlift is higher than my squat. I started working on my squat with our Strength Coach six weeks ago and he had me start from scratch with flexibility stuff, followed by starting again with very low weight and working on going down with correct form. I have gone up ten pounds every week since then, so I know 195 isn't my actual max. I'm also very sorry that my bench press is so high. Short, thick arms. What can I say? These numbers have stayed consistent since we started, except Squat and Deadlift, which have increased steadily.

Whatever you think of the impossibility of these numbers, they do illustrate that I'm not losing strength which, short of weekly DEXA scans, is the only way I know to really measure whether I'm losing muscle.